

### **Directions for Completion of Seclusion and Restraint Posting Form:**

Posting provides an opportunity to work toward change and growth for the individual who has acted out, and assists staff and the patient to develop a plan to minimize or avoid a repeated crisis.

1. Make certain the staff and the person who acted out are back in emotional and physical control prior to posting.
2. It is not required that you have been present for the incident, but that you orient yourself to the basic facts of what happened. Be non-judgmental; listen to the perspective of the person who acted out.
3. Assist the patient in identifying patterns of past behavior and triggers to acting out behavior.
4. Encourage the patient to identify alternatives to the acting out behavior and resources/support that can be helpful in avoiding a crisis situation.
5. Negotiate a contract with the patient. Assist him/her to identify alternatives to acting out. Include any positive or negative consequences for behavior in the contract.
6. Return control to the person who acted out. Give him/her responsibility for their behavior and the behavior contract. Provide support and encouragement in assisting the patient to meet the goals of the contract.

**Seclusion and Restraint Posting Form  
Behavioral Health Setting**

Date:

Date and time seclusion or restraint initiated:

Date and time discontinued:

To be identified by patient:

- Precipitating events that lead to seclusion and restraint:
- Patterns of past behavior. Triggers to acting out:
- Alternate ways of managing anger/aggression/acting out behavior:
- Ways you can communicate your need to staff:

To be negotiated between patient and staff:

- Terms of behavior contract/positive or negative consequences:

Changes to nursing care plan:

\_\_\_\_\_  
Nurse Signature

\_\_\_\_\_  
Date

Patient Identification

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